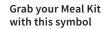


Loaded BBQ Plant-Based Slow Braised Meat & Fries

with Charred Corn Slaw & Plant-Based Smokey Aioli

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR













Celery

Spring Onion





Sweetcorn

All-American Spice Blend





Mild Chipotle

Plant-Based Slow Braised Meat









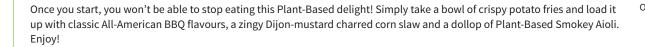
Plant-Based Smokey Aioli



Prep in: 20-30 mins Ready in: 35-45 mins

Calorie Smart







Olive Oil, Red Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
garlic	2 cloves	4 cloves	
celery	1 medium packet	1 large packet	
spring onion	1 stem	2 stems	
plant-based slow braised meat	1 packet	2 packets	
sweetcorn	1 medium tin	1 large tin	
water*	½ cup	1 cup	
All-American spice blend	1 medium sachet	1 large sachet	
mild chipotle sauce	½ packet	1 packet	
slaw mix	1 small bag	1 large bag	
Dijon mustard	½ packet	1 packet	
red wine vinegar*	drizzle	drizzle	
plant-based smokey aioli	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2492kJ (595Cal)	478kJ (114Cal)
Protein (g)	19.3g	3.7g
Fat, total (g)	36.5g	7g
- saturated (g)	17.8g	3.4g
Carbohydrate (g)	52.4g	10.1g
- sugars (g)	16.2g	3.1g
Sodium (mg)	1280mg	246mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into fries.
- Place fries on a lined oven tray. Drizzle with olive oil, season with salt and toss to coat.
- Bake until tender, 20-25 minutes.

TIP: If your oven tray is crowded, divide the fries between two trays.



Get prepped

- Meanwhile, finely chop garlic. Thinly slice celery and spring onion.
- Roughly chop plant-based slow braised meat.
- Drain sweetcorn.



Char the corn

- Heat a large frying pan over high heat.
- Cook corn kernels until lightly browned,
 4-5 minutes.
- Transfer to a large bowl.

TIP: Cover the pan with a lid if the kernels are "popping" out.



Cook the topping

- Return frying pan to high heat with a drizzle of olive oil.
- Cook plant-based slow braised meat and the water, stirring, until the water has evaporated, 3-4 minutes.
- Continue cooking until browned, 1-2 minutes.
- Add garlic and All-American spice blend and cook until fragrant, 1-2 minutes. Remove from heat. Stir in mild chipotle sauce (see ingredients) until combined.

TIP: Add an extra splash of water if the topping looks too dry.



Make the slaw

- Meanwhile, to bowl with charred corn, add slaw mix, celery, Dijon mustard (see ingredients), a drizzle of red wine vinegar and olive oil.
- · Toss to combine and season to taste.



Serve up

- Divide fries and charred corn slaw between plates.
- Top fries with BBQ plant-based slow braised meat
- Drizzle over **plant-based smokey aioli**. Sprinkle over spring onion to serve. Enjoy!

